

THE RETREAT

LUNCH and DINNER

With a strong focus on farm raised, free range & organic produce the menu has been designed to offer a unique selection of produce & cooking methods.

Our Menu design starts at the farm working with local organic farmers & fishermen and also with some of the best producers of beef in the world

As a wellness resort we go to great lengths to ensure that our guest can enjoy a wide variety of food regardless of dietary restrictions.

Below is a guide to help you select based on your dietary needs.

Should your dietary needs

to be more specific please inform our server and our chefs will be happy to accommodate your needs.

GF - Gluten free

DF - Dairy free

V – Vegan

RAW - Raw cuisine

N- Contains nuts



HEALTHY AND ORGANIC SALAD

Classic green salad <i>158 Calories GF/V/GF/RAW</i>	250
Salad greens • cucumber • green asparagus • avocado • sprouts • wheat grass dressing	
Fresh prawn rice paper and tofu wraps <i>170 Calories GF/DF</i>	390
Buckwheat soba • sprout • carrot • beetroot • kale • tofu • ginger and ginseng dressing	
Goddess salad <i>200 Calories Gf/V/N/DF/RAW</i>	250
Salad greens • avocado • cucumber • tomato • walnut • coconut and lime dressing	
Living salad <i>180 Calories GF/V/N/DF/RAW</i>	250
Salad greens • kale • sprouts • cherry tomato • walnut • lemon dressing	
Poached prawns and quinoa salad <i>230 Calories GF/N/DF</i>	280
Pickled cucumber • tomato • coriander • fennel • ginger and ginseng dressing	
Seaweed salad <i>180 Calories GF/DF/RAW</i>	250
Salad greens • kale • beetroot • carrot • seaweed • sprouts • white miso dressing	
Zucchini and avocado <i>200 Calories V/DF/RAW</i>	280
Vine tomatoes • cucumber	

BUILD YOUR OWN NOURISHMENT BOWL

350 THB

1-Start with the base: Salad greens *or* Chopped kale

2-Add your veggies: Beetroot • Broccoli • Capsicum • Carrot • Green beans • Cauliflower • Pumpkin • Tomato • Zucchini • Watercress • Beans sprouts • Seaweed • Kimchi

3-Complex carbs: Corn *or* Sweet potato

4-Pack your protein: Grilled chicken strips • Grilled seabass fillet • Poached egg • Quinoa • Lentils • Chickpeas • Tofu

5-Healthy fats: Avocado • Chia seeds • Sunflower seeds • Pumpkin seeds • Tahini • Coconut oil • Olive oil • Walnuts • Cashews nuts

6-Dressings to choose: Coconut and lime dressing • White miso dressing • Organic yoghurt and tomato salsa dressing • Organic tzatziki style yoghurt • Pesto • Hummus • Baba ganoush

BODY CLEANSING SOUPS AND BROTHS

Bone broths +/- 150 Calories GF/DF	240
Chicken or beef, served with kale • mushrooms • gogi berries	
• add a healthy booster miso or grated turmeric • ginger	
• add a protein chicken breast or beef or tofu	
• add noodles: brown rice noodles or buckwheat soba	
Cold summer vegetable soup 73 Calories DF/GF/V/RAW	240
Cucumber • zucchini • bell peppers • shallots • herbs • celery • tomato • white balsamic vinegar	
Glass noodle and silken tofu broth 158 Calories GF/V/DF	240
Cabbage • glass noodles • silken tofu in clear vegetable soup	
Gazpacho - chilled tomato soup 170 Calories DF/GF/V/RAW	240
Tomato • basil • pickled cucumber • red onion	
Miso and soba noodle soup 190 Calories GF/DF	240
Mixed mushrooms • tofu • seaweed • miso • soba noodles	
Organic green 158 Calories GF/V/DF/RAW	280
Broccoli • baby spinach • kale • potato • garlic • leek • hemp seed oil	
Spiced lentil soup 170 Calories GF/V/DF	240
Le Puy green lentils • carrot • kale • tomato • cumin • cayenne pepper • root vegetables broth	

SIMPLICITY FROM MOTHER NATURE

All main courses are serving with your choice of: *Steamed rice berry*

Green curry with tofu or chicken <i>339 Calories GF/DF/N</i>	350
Zucchini • eggplant • cauliflower • carrot • spices • organic soy milk	
Grilled Chicken with yellow mango salad <i>382 Calories GF/DF/N</i>	390
Roasted peanuts nuts • red chili • coriander • shallots	
Grilled free range chicken breast <i>525 Calories GF</i>	390
Roasted mushrooms • pumpkin • garlic	
Grilled seabass fish fillet <i>595 Calories GF/DF</i>	550
Asparagus • black olives • tomato basil salsa	
Grilled spiced prawns <i>669 Calories GF/DF</i>	650
Brown rice noodles • lime • chili • garlic • rocket salad	
Grilled tuna loin <i>658 Calories GF/DF</i>	550
Green beans • sun dry tomato • olives • soft poached egg	
Mediterranean chickpea casserole <i>420 Calories GF/V/N</i>	350
Marinated vegetables • cauliflower • chickpeas • tomato sauce	
Prawn red curry <i>650 Calories GF/DF</i>	650
Eggplant • thai basil • mushrooms • organic soy milk	
Roasted pumpkin and quinoa risotto <i>363 Calories GF/V</i>	350
Pumpkin • mixed quinoa • spinach	
Sous vide salmon <i>637 Calories GF</i>	550
Cauliflower • beans salad • preserved lemon oil	
Thai red curry with soba noodles <i>485 Calories GF/V/DF</i>	350
Shimeji mushroom • oyster mushroom • eringi mushroom • tofu • organic soy milk	
Tom yum goong, hot and sour soup <i>605 Calories GF/DF</i>	
Chili paste • galangal • lemongrass	
Mushrooms	280
Prawns	350

HEALTHY DESSERT

Dairy free mango cake <i>340 Calories GF/V/DF/N</i>	200
Cashew nuts • yellow mango • coconut oil	
Dairy free dark chocolate tart <i>370 Calories GF/V/DF/N</i>	200
Coconut nectar • raw cacao • cashew nuts	
Raw peanut energy ball <i>150 Calories GF/V/DF/N</i>	180
Peanuts • coconut • cranberry • oats	
Banana and oat pancake <i>180 Calories GF/V/DF/N</i>	150
Coconut nectar • banana • nuts crumbles	
Ice creams	120
Peanut Butter Sea Salt / Pea Protein / Coconut Flower Syrup Madagascar Vanilla / Hemp Protein / Stevia Coconut Guava Pea Protein	
Tropical fresh seasonal fruits <i>180 Calories GF/V</i>	120

HEALTHY JUICES

250 THB

Green Power: Feel alive!

Celery, spinach, green apple, cucumber, pineapple & mint

A powerful mix using the best of the greens Antioxidant properties, body cleansing and repair, PH bal- ancing, skin cleansing, calming to the nervous system and boosts the metabolism.

Awesome Antioxidants

Carrot, orange, pineapple, beetroot and ginger

Let's get that O2 pumping. Rich in nutrients that help the body to release and remove toxins safely. Great for those who work out or for those wanting a more youthful complexion.

Love the liver

Beetroot, celery, parsley, broccoli, apple, carrot and ginger

Give your liver a break! This juice supports the liver's detoxifying ability when it is challenged by stress, alcohol and a hectic lifestyle. Feel energized and uplifted as your liver starts to forgive you.

HEALTHY SHOTS

150 THB

Turmeric shot

Coconut water, turmeric, ginger, lime, cayenne, honey, salt

Bring the bounce back in to your day as this juice helps to energize the mind and body and reduce the fatigue brought on by travel.

Wheatgrass Shot

Chlorella can effectively remove toxins by binding to any lingering heavy metals and chemicals and eliminate them from your bloodstream and digestive tract.

Apple cider vinegar shot

An ideal elixir for digestive health that combines the 'all-mighty' unfiltered apple cider vinegar with its 'mother', cold-pressed ginger, lime, honey and fresh coconut water to keep your tummy on track!

Activated charcoal

Detoxifying and restorative, this healing elixir combines activated charcoal with cold-pressed ginger, limes, lemongrass, coconut water and honey to keep your body operating as a clean machine.

MINERAL WATER

Mont Fleur, water from natural hot springs found near the top of a pristine mountain in Phop Phra, Thailand.

Mont Fleur water rises from deep within the earth, traveling up to mineral rich capillaries. The higher elevation of the source ensures a gradual and complete infusion of vital mineral.

Mont fleur Still 1000ml	180
Mont fleur sparkling 700ml	280
Fresh young coconut	120

SUPER FOOD SMOOTHIE BLENDS

Boost / Restore / Enhance

300 THB

Energy Explosion Banana / Raspberry / Almond / Honey
Sprouted Black Rice, Jiaogulan, Moringa, Match Green Tea, Spirulina

Provides a tangible increase in long-lasting energy that stimulates the body's natural repair process and helps maintain overall brain function.

Performance Perfection Mango / Pineapple / Yogurt / Honey
Sprouted Black Rice, Jiaogulan, Moringa, Match Green Tea, Spirulina, Cordyceps

*Restoration and rejuvenation for athletes and active individuals
This blend is designed to enhance your endurance, stamina and performance; herbs such as Jiaogulan and Cordyceps have been amongst Asia's most well-guarded secrets for rejuvenating our energy producing symptoms.*

Brain Booster - Passion fruit / Pineapple / Mango / Honey
Sprouted Black Rice, Jiaogulan, Match Green Tea, Noni

*Enhance Memory and sharpen mental concentration
This Special Herbal Blend is formulated to enhance memory and sharpen mental concentration, alertness, focus and overall brain activity.*

Detox King - Blueberry / Strawberry / Mango/ Yoghurt
Alovera, Amalaki, Mangosteen Rind, Papaya leaves

Cleanse the blood and entire elimination system with ayurvedic and South East Asian herbs.

Tropical Smoothie

Mango, pineapple, lime, young coconut milk blended with protein powder for an extra boost

RETREAT CLASSIC TEA

Chamomile tea

Green tea

Jasmine tea

Thai tea

Mango fruit tea

Mint tea